



Chef Charles Says...

A newsletter for congregate meal participants for the month of March

Please read carefully. We have new information in this section for March 2011. The 2010 Dietary Guidelines for Americans were released on January 31, 2011. The guidelines continue to encourage people to eat better, exercise more and make both a part of everyday life. Chef Charles newsletters will take a closer look at the 2010 Dietary Guidelines over the next few months. If you are interested in seeing the guidelines go to:

#### http://www.cnpp.usda.gov/dietaryguidelines.htm

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program, or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In lowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site to understand that the SNAP program can make a big difference in their food budget. Activities you can do include:

- Show the video/DVD "Food Assistance: Keeping You Healthy" developed by Iowa State University Extension. Each area agency on agency has a copy; contact the nutrition director for a time to use the video.
- Bookmark <u>www.benefitscheckup.org</u> on site computers for participants to visit.
- Remind participants that the EBT cards are handy to use at local stores for food purchases.
- Encourage participants to apply on-line for Food Assistance www.yesfood.iowa.gov.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.

And finally, you will notice that we have retired the bingo card that usually accompanies your newsletter.







#### **Props:**

Poster with equation: Less sodium + More potassium = Better **Blood Pressure** 

#### **Chef Charles Says More Potassium and Less Sodium Equals Best Blood Pressure Results**

Reducing your sodium intake remains the simplest way of maintaining healthy blood pressure, but as you cut back on sodium, boosting your potassium intake also helps regulate your blood pressure. Potassium lowers some of the blood pressure-raising effects of excessive sodium by helping the kidneys eliminate sodium from the body. Potassium may also help relax blood vessels. Previous research has found that high potassium diets can protect against strokes, which is a major concern of people with high blood pressure. Many flavorful foods are good sources of potassium such as fresh fruits, vegetables and nuts. And these foods are also low in sodium. It is recommended that you consume 4,700 mg daily of potassium. Your congregate meal provides less than 1,000 mgs of sodium and more than 1,567 mg of potassium daily, based on a weekly average. To help you meet the daily goal, consider adding foods from the following chart.

Potassium Rich Foods (4,700 mg: Daily Goal)			
Food	Amount	Potassium (mg)	
Baked sweet potato with skin	1 medium	508	
Cantaloupe	1 cup	494	
Banana	1 small	467	
Avocado	1 half/medium	450	
Orange	1 small	237	
Apple	1 small	159	
Low fat milk	1 cup	425	
Plain yogurt	1 cup	579	

#### **Activity**

Ask the group: What is the best advice regarding food for a person with high blood pressure? (eat less sodium) In fact, adults should eat less than 1,500 mg a day, but that is only half of the equation. (show poster) While lowering the sodium, increasing potassium in your diet also helps control blood pressure. But where can you find potassium? You are going to like the answer. Let's look at the newsletter where we will find a chart with some good examples of potassium rich foods. (fruits, vegetables, low-fat dairy)





# Less Sodium + More Potassium = Better Blood Pressure









#### **Get The News**

#### **Props:**

- USA sign
- M.D. sign
- DGA sign
- DASH sign

#### Activity

#### **Note to instructor:**

DASH emphasizes vegetables, fruits, and low-fat milk and milk products; includes whole grains, poultry, seafood, and nuts; and is lower in sodium, red and processed meats, sweets, and sugar-containing beverages than typical intakes in the United States. In research studies, DASH-style patterns lowered blood pressure, improved blood lipids, and reduced cardiovascular disease risk compared to diets that were designed to resemble a typical American diet.

#### **DASH Diet and Healthy Heart**

The DASH (Dietary Approach to Stop Hypertension) approach to eating has been proven to lower blood pressure, reduce cholesterol, and improve insulin sensitivity. Following the DASH diet may lower your long-term risk of a heart attack as well, suggests a new study of over 400 people diagnosed with high blood pressure. DASH emphasizes fruits, vegetables, and low-fat dairy foods. Compared to people eating a typical American diet, those who followed the DASH diet for eight weeks reduced their estimated risk of heart disease by 18%, based on improvements in risk factors. Just adding more fruits and vegetables to the common American diet reduced heart disease risk by 11%.

John Hopkins Medicine Publications, August, 2010

#### **2010 Dietary Guidelines**

On January 31, the U.S. Department of Agriculture and the Department of Health and Human Services released the 2010 Dietary Guidelines for Americans (DGA). These guidelines are updated every five years. Over the next few months, Chef Charles will share more about the Dietary Guidelines and what they mean to you.

Ask the group: Would someone please read this sign to me out loud? (*USA*). What does USA stand for? (*United States of America*) And this second sign (*M.D.*) What does it stand for? (*Doctor of Medicine*) What does DGA stand for? (*Dietary Guidelines for Americans*) We are very used to using acronyms like USA or M.D. to communicate in "short hand." The fourth sign is DASH. We have discussed this acronym before. Does anyone remember what it stands for? (*Dietary Approach to Stop Hypertension*) This diet or food pattern that has been shown to help control high blood pressure by selecting certain foods to eat. What is the DASH diet? (see *yellow highlighted sentence*)

In addition to controlling blood pressure, a new study has shown DASH helps to lower the risk of heart disease. Just following the DASH plan can lower your risk by 18%. Remember DASH. It can be a food plan that can make a big difference in your health.

Did you know that Governor Vilsack, now the U.S. Secretary of Agriculture, announced the released of the updated Dietary Guidelines for Americans in January? The DGAs include DASH as an example of a healthy eating pattern. Over the next few months, we are going to learn more about DASH. Just remember it is shorthand for Dietary Approach to Stop Hypertension.





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## DASH







#### **Be Active**

#### **Props:**

Please go to the website mentioned below before your Chef Charles session to find the closest 'A Matter of Balance' class to your site. There are many available across Iowa.

#### Exercises

A stiff wrist or fingers can be a problem that interferes with lifting food packages. Here are some exercises that can help. The exercises are suggested to improve dexterity, coordination and range of motion.

#### Wrist Rise & Fall



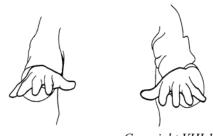
Place your arms on the armrest of the chair. Gently let your hand hang off the edge of the armrest. (Use tabletop if armrests are not available).

Slowly bend the back of your hand, lift your fingers up toward the ceiling. Then gently lower your hand. Repeat 5 times, increase as appropriate.

A Matter of Balance classes are taught in many locations across lowa and in other states. To find a location close to vou visit

http//:www.iowahealthylinks.org or search the web for locations in your state

#### **Finger Spread**



Copyright VHI 1993 Spread fingers of both hands far apart, keeping fingers straight. Then relax hands and fingers into a gentle fist. Repeat 5 times, increase as appropriate.

A Matter of Balance Volunteer Lay Leader Model, MaineHealth's Partnership for Healthy Aging

#### **Activity**

Say to the group: Let's practice a few hand exercises that are in the newsletter. Both of these exercises are part of the 'A Matter of Balance' classes.







#### Pick a Better...

#### **Props:**

- Head of cabbage
- Bag of commercially shredded cabbage
- 2 copies of cabbage chart
- 2 volunteers

Teach the Pick A Better Snack... and Food Safety articles together.

#### **Food Safety**



#### **Activity**

#### Cabbage

March is the month of green and Irish celebrations, and is often associated with cabbage. Cabbage is available year-round and weighs in from one to seven pounds. Cabbage heads should be compact (not soft), heavy for their size, with tender green leaves showing no evidence of damage or insect nibbles. Check the bottom of the cabbage to be sure the leaves are not beginning to separate from the stem, an indication of age.

Store a whole head of cabbage in a plastic bag in the refrigerator for up to a week, two weeks if it is fresh from the garden. But remember, the older it gets, the stronger the flavor and odor will be. Cabbage will lose freshness rapidly once the head is chopped, so plan on using it within a day. If you only need half a head, place the remaining half in a plastic bag and shake a few drops of water onto the cut side. Close the bag and refrigerate. The cut half should last another few days if it was fairly fresh when you cut it. Cooked cabbage may be refrigerated in a covered container for up to four days.

### How to Handle Packaged Shredded Cabbage

Often cabbage used in a recipe needs to be shredded. If it is hard for you to shred, consider buying packaged, shredded cabbage. The storage and handling is a little different than a whole head. Shredded cabbage is found in the refrigerated area of the supermarket's produce section and should be kept refrigerated at home in its original bag. The bag is made of specially designed film to keep it fresh. Store in the refrigerator crisper or drawer. Store leftovers in the original bag, tightly closed, in the refrigerator. When purchasing, check the date stamped on the package and look at the salad to make sure it appears fresh. Do not purchase salads with brown-edged pieces or if the cabbage appears excessively wet. The packaged cabbage is ready to use but if you are concerned, you can put it in a colander and rinse just before using it in a recipe.

Ask the group: Who likes cabbage? This month is a good month to buy cabbage as it is usually a good price. But how do you pick a good head of cabbage? Have any of you used the pre-shredded cabbage? How do you select it? Let's compare the two different products. I need two volunteers to help us learn more about cabbage. Make two copies of the cabbage chart and give to the volunteers to share as you list the topics. You can use a head of cabbage to demonstrate the selection of cabbage.







#### **Cabbage Care Chart**

Topic	Head of Cabbage	Pre-shredded Cabbage	
Selection	<ul> <li>It should be compact (not soft).</li> <li>It should be heavy for its size</li> <li>The leaves should show no evidence of damage or insect nibbles.</li> <li>be sure leaves at bottom of cabbage are not beginning to separate from the stem, an indication of age</li> </ul>	<ul> <li>Check the date stamped on the package.</li> <li>Look at the salad to make sure it appears fresh.</li> <li>Do not purchase salads with brownedged pieces.</li> <li>Do not purchase if cabbage appears excessively wet.</li> </ul>	
Storage	<ul> <li>Old cabbage has a stronger the flavor and odor.</li> <li>It loses freshness rapidly once the head is chopped, use within a day.</li> <li>If you use half a head, place the remaining half in a plastic bag and shake a few drops of water onto the cut side. Close the bag and refrigerate. The cut half should last another few days if it was fairly fresh when you cut it.</li> <li>Cooked cabbage may be refrigerated in a covered container for up to four days.</li> </ul>	<ul> <li>Keep refrigerated at home in its original bag which is a specially designed film to keep fresh.</li> <li>Store in the refrigerator crisper or drawer.</li> <li>Store leftovers in the original bag, tightly closed, in the refrigerator</li> </ul>	
Recommended refrigerator storage	Store up to a week if purchased from a grocery store or two weeks if fresh from garden	Use the 'use-by' date as a guide.	







### **Chef Charles Asks the Questions**

#### **Props:**

- Can of soup for reviewing the nutrition facts label.
   Other suggestions of labels to have for comparison: package of sliced or shaved turkey for sandwiches, canned vegetables, frozen vegetables, frozen entrée Highlighted phrases printed on individual pieces of paper
- Bowl to hold the pieces of paper
- 2 volunteers

### How Do I Control The Sodium In My Diet?

People over the age of 50 should eat no more than 1,500 mg of sodium a day. If you look closely at the nutrition label, you will find many foods that have almost that much in one serving. The amount of sodium in a processed food can vary dramatically among foods in the same food category, such as salad dressing or canned vegetables. While consumers can always add salt to food to taste, they can't take it out. To keep the excess salt out of your shopping carts, review the following easy-to-implement tips:

- At the grocery store, always check and compare Nutrition Facts labels on the back of the packages.
- The sodium in foods can vary greatly, even between two brands of the same product! And while 480 mg of sodium per serving may be the lower choice for soup, that's way too much sodium for a serving of bread. (see table below)
- Be sure to check the serving size, number of servings per container, and think about how much you plan to consume.
   For example, one slice of bread doesn't have a large amount of salt but because we eat multiple pieces each day, bread may contribute a lot of salt to our diet. Choose lower sodium breads.
- Processed foods marketed as "healthy" may have a lot of sodium. Canned items such as beans and soup broth can be very high in salt. Look for "low sodium" or "no salt added" versions.
- Where possible choose fresh foods, like vegetables and unmarinated poultry, which naturally are much lower in salt than processed foods.
- When fresh is not available, consider frozen vegetables, which will have less sodium than canned or even no-salt canned vegetables.
- Check the label when you buy raw meat, such as chicken breast; even it can often have added salt.







ltem	Serving Size	Range of Sodium (mg) per serving*
Canned soup	1 cup	50-950
Canned vegetables	1/2 cup	10-550
Sliced bread	1 slice	100-240
Frozen meals	6-10 ounces	330-1130
Tomato juice	8 ounces	140-680
Salad Dressing	2 tablespoons	80-620
Potato Chips	1 ounce	10-380
Pretzels	1 ounce	50-610
*Ranges may vary, based upon product availability		

#### Activity

Say to the group: Eating less sodium starts at the grocery store when you are shopping. You need to read the nutrition facts label, list of ingredients and any other clues to make sure you are getting the least amount of sodium from food. All food packages will have a nutrition facts label which can be your guide for selecting foods with less sodium.

Have a volunteer draw out the slips of paper from the bowl one at a time; have a second volunteer look at the nutrition label on the soup can and other examples from your kitchen; read the phrases and refer to the statements in the newsletter to remind the participants of the steps they can take to eat less sodium.

Also, look at the nutrition facts label on the can to illustrate the use of the label when appropriate. Not all highlighted items can be found can label (i.e. raw meat, when fresh is not available; choose fresh)

I have an assignment for you. Before the next Chef Charles session, select one of your favorite foods, save the package including the nutrition fact label and bring to our next meeting.







Compare the Nutrition Facts labels	Check serving size and numbers of servings per container
Look for "low sodium" or "no salt added" versions	Choose fresh foods
When fresh is not available, consider frozen vegetables	Check the label when you buy raw meat







#### **Snacks**

#### **Teaching Points:**

- To save time use preshredded cabbage.
- You can add more or less of all ingredients depending on your taste.
- Keeps well in refrigerator for up to 4 days.
- A little salt goes a long way.

One medium head of cabbage weighs about two pounds and will make four cups of shredded raw cabbage and four cups cooked.

Unsure of the weight of your cabbage? Make sure to use the store scales in the produce section.

#### **New Look Cabbage Salad**

1 cup shredded cabbage

2 tablespoons dried cranberries

2 tablespoons sliced almonds

1 tablespoon lemon juice

1 tablespoon oil

Pinch of salt

Mix together cabbage, dried cranberries, and almonds. Mix together lemon juice, oil and pinch of salt; then add to cabbage mixture. Mix it all thoroughly and you have a fresh and original cabbage salad. If you want to try a little different flavor add a teaspoon of fennel.

Makes 2 servings. Each serving contains: Calories 169; fat 12 g; cholesterol 0 mg; sodium 8 mg; carbohydrates 16 g; fiber 3 g; potassium 167 mg; folate 24 mcg







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Month	# Newsletters	# Incentives
March, 2011	Congregate Meal Site Participants	The incentive for January-March is a stretch band. If you did not receive enough in January, indicate how many are needed

Marilyn Jones, Return to:

IDPH, Lucas Building, 4<sup>th</sup> Floor, 321 E. 12<sup>th</sup> Street, Des Moines, IA 50319

or by FAX 515-281-4913. For questions, call Marilyn at 800-532-1579 or 515-281-6047.







#### **Did You Learn Any New Ideas?**

- 1. To control blood pressure eat less\_\_\_\_\_and more potassium.
- 2. What does DASH mean?
- 3. A head of cabbage should be heavy and compact when purchased. True or False
- 4. People over the age of 50 should limit their sodium intake to this amount (milligrams).
- 5. Where can you find the sodium content of a food?

Your	<b>Answers</b>
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Sodium
Dietary Approach to Stop Hypertension
True
1500 mg
Nutrition Facts Label

#### **Chef Charles Says...**

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This material was funded by the Iowa Nutrition Network and USDA's SNAP. SNAP provides nutrition assistance to people with Iow income. Food assistance can help you buy nutritious foods for a better diet. To find out more about Iowa's Food Assistance Program, contact the local Iowa Department of Human Services office serving the county where you live, or call toll-free at 1-877-937-3663.

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